



Public Health
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Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

APRIL 25, 2022

You Can Prevent Type 2 Diabetes!

Online Lifestyle Change Program to Launch May 11

FREDERICK, MD -- The Frederick County Health Department is accepting participants into their next “Prevent T2” diabetes prevention class. Those interested in making lifestyle changes to reduce their risk for type 2 diabetes are invited to pre-register by calling 301-835-9205. All classes will take place “live online” on Wednesdays from 5:30- 6:45 pm. Orientation is scheduled for May 11, 2022.

The [PreventT2 program](#) utilizes a trained lifestyle coach to guide groups of participants in the development of skills that will enable them to make lasting changes such as losing a modest amount of weight. Participants learn how to eat healthy more often, add physical activity to their routine, manage stress, and stay motivated. Together, participants celebrate their successes and find ways to overcome obstacles.

WHAT: PreventT2 is part of the National Diabetes Prevention Program, led by the CDC. PreventT2 is based on research which showed that individuals with pre-diabetes can reduce their risk for developing type 2 diabetes by 58% by losing 5 to 7 percent of their body weight.

PreventT2 groups meet for a year — weekly for approximately 4 months then once or twice a month thereafter to maintain healthy lifestyle changes.

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WHO: Any adult who is diagnosed with pre-diabetes or is at risk for type 2 diabetes. Unsure if you're at risk? Take this [risk test](#) or complete a screening by calling 301-835-9205.

WHERE: Online Prevent T2 groups are live meetings held on a web-based platform (i.e. WebEx). Individuals who complete the registration process will receive a link to join each class.

WHEN: May 11, 2022 at 5:30 pm

WHY: Pre-diabetes is a serious condition affecting more than 1 out of 3 American adults. One of the risk factors for type 2 diabetes is being overweight. According to the most recent data available, nearly two thirds of adults in Frederick County are classified as overweight or obese.¹

Space is limited. To reserve your space and determine eligibility, contact Angela Blair at 301-835-9205 or ablair@FrederickCountyMD.gov.

The PreventT2 program is offered at no cost by the Frederick County Health Department. For additional information about the program, visit <http://health.frederickcountymd.gov/PreventT2>.

¹ Maryland Behavioral Risk Factor Surveillance System. (2019). Retrieved from Maryland Department of Health website on 8/10/21: <https://ibis.health.maryland.gov/query/result/brfss19/BMI3Cat1AllCat/AgeAdj.html>

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